

64161
REALAGE, INC.

6498 Weathers Place, Suite 100
San Diego, CA 92121
Tel: (619) 784-3720
Fax: (619) 784-3721



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Office of Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
200 C Street SW
Washington, D.C. 20204



March 10, 1999

Dear Sirs,

The purpose of this letter is to provide you with notification of the descriptive claims that RealAge, Inc. has included on thirteen (13) of their private label items manufactured by the Perrigo Company in Allegan, Michigan:

Herbs: Panax Ginseng 300 mg
 Ginkgo Biloba 120 mg
 Kava Kava 250 mg
 Echinacea 167 mg
 St. John's Wort 300 mg
 Saw Palmetto 160 mg
 Black Cohosh 40 mg
 Valerian Root 100 mg
 Ginger Root 150 mg
 Garlic 600 mg
 Goldenseal 500 mg

B Vitamins: B-50 Complex
 Folic Acid 400 mcg

1. Name and address of the distributor of the dietary supplement that bears the statement:

97S-0162

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2. The text of the statement that is being made:

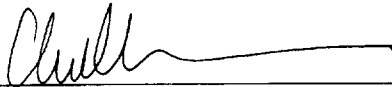
- Herbs:** **Panax Ginseng** 300 mg—A tonic for invigoration and fortification in times of fatigue and debility.*
- Ginkgo Biloba** 120 mg—Helps increase peripheral circulation, thereby enhancing bloodflow to the arms, legs and brain.*
- Kava Kava** 250 mg—Helps the body relax during times of stress and tension.*
- Echinacea** 167 mg—Helps stimulate natural resistance.*
- St. John's Wort** 300 mg—Helps maintain a healthy emotional balance.*
- Saw Palmetto** 160 mg—Long standing tradition of use specifically for men's prostate health.*
- Black Cohosh** 40 mg—Nutritional support for menopause.*
- Valerian Root** 100 mg—Popular with people seeking a natural calming effect during periods of tension and stress.*
- Ginger Root** 150 mg—A soothing and warming herb for the strength.*
- Garlic** 600 mg—Helps maintain a healthy circulatory system.*
- Goldenseal Root** 500 mg—Used especially in the winter for its health promoting properties.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

B Vitamins: B-50 Complex—Basic B vitamins facilitate cellular energy.

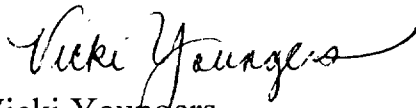
Folic Acid 400 mcg—Women who consume adequate amounts of folate, a B vitamin, daily during their childbearing years may reduce the risk of having a child with neural tube birth defect. Such birth defects, while not widespread, are very serious. They can have many causes. Adequate amounts of folate can be obtained from diets rich in fruits, dark green leafy vegetables and legumes, enriched grain products, fortified cereals, or a supplement. Folate consumption should be limited to 1,000 mcg per day from all sources.

This letter certifies that the information contained in this notice is complete and accurate and that RealAge, Inc. has substantiation that the statements are truthful and not misleading.

Signed: _____

Charles Silver, President
March 10, 1999

Thank you very much.


Vicki Youngers
Director of Merchandising